



May 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024				Moroccan Chicken With Apricot Sauce Quinoa Chick Pea & Tomato Stew ORANGE
Whiskey BBQ Beef Roasted Potatoes Green Beans Whole Wheat Bread WHOLE FRUIT	Cinco de Mayo! Chicken Fajitas Mixed Spanish Rice Black Beans Tortilla ORANGE	Roast Pork Mashed Potatoes & Gravy Spinach Wholegrain Bread Warm Apple Compote	Pepper Steak Mixed Rice California Vegetables WHOLE FRUIT	Breaded Chicken With Asparagus & Bearnaise Sauce Parsley Potatoes Peas & Carrots Whole Wheat Bread WHOLE FRUIT
Korean Beef With Mushrooms, Ginger, Bamboo Shoots, Scallions Mixed Rice Oriental Blend Vegetables ORANGE	Chicken Curry (mild) Spinach Bombay Potatoes (turmeric) Whole Wheat Bread WHOLE FRUIT	Horseradish Glazed Ham Berry Sauce Sweet Potatoes Corn Whole Wheat Bread WHOLE FRUIT	Grilled Chicken Whole Wheat Penne Truffle Pesto Cream Sauce Manhattan Blend WHOLE FRUIT	Beef Stroganoff Mushroom Barley Pilaf Peas & Carrots ORANGE
Chicken Teriyaki w/ cabbage & carrots Mixed Rice Oriental Blend Vegetables WHOLE FRUIT	Meatloaf Mashed Potatoes, Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread	Fish in Coconut Sauce w/ zucchini & peppers Spinach Mixed Rice & Lentil Pilaf WHOLE FRUIT	Roast Turkey Mixed grain stuffing Mashed Potatoes & Gravy Broccoli WHOLE FRUIT	Chili Burger Sweet Potatoes Mixed Vegetables Whole Wheat Bread WHOLE FRUIT
Memorial Day! 	Chicken Cacciatore Wheat Pasta Corn Spinach WHOLE FRUIT	Pork with Mustard Sauce Mixed Rice Manhattan Blend WHOLE FRUIT	Braised Beef in Wine Sauce Mashed Potatoes Peas & Carrots Whole Wheat Bread WHOLE FRUIT	Spaghetti & Meatballs Marinara sauce Italian Vegetables Whole Wheat Bread ORANGE

SENIOR NUTRITION INFORMATION

RESERVATIONS



Call 760-943-2258
by 9:00 a.m. the day
before your visit

(For Monday reservations, calls need to be made by Friday)

Curbside Pickup

All meals will be distributed via curbside pickup.

Lunch is distributed between 11:30 a.m.—12:30 p.m.


(Please remain in your vehicles at all times)

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered.

For more information please call 760-943-2258.

Menu subject to change without prior notice.

 Indicates sodium content over 1,000 mg.

1 % Milk served daily

The café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independence Services and supported by the City of Encinitas and general meal donations.

No eligible person shall be denied a meal because of inability to contribute.